

# Bible Reading Plan



@freshfitnhealthy

Fresh Fit n Healthy - July 2017

<b>1st</b> Matthew 1	Matthew 2	Matthew 3	Matthew 4	Matthew 5	Matthew 6	Matthew 7
<b>8th</b> Matthew 8	Matthew 9	Matthew 10	Matthew 11	Matthew 12	Matthew 13	Matthew 14
<b>15th</b> Matthew 15	Matthew 16	Matthew 17	Matthew 18	Matthew 19	Matthew 20	Matthew 21
<b>22nd</b> Matthew 22	Matthew 23	Matthew 24	Matthew 25	Matthew 26	Matthew 27	Matthew 28
<b>29th</b> Psalm 29	Psalm 30	Psalm 31				

# How To Read The Bible?

www.freshfitnhealthy.com

**Before telling you how I read through the Bible and do my quiet time, I want to be clear there is no "right way" to do it! But I want to share how I do mine, in case you need a starting place or want to change it up from what you have been doing.**

I have a video out on my youtube channel you can see by [clicking here](#), as to how I was doing in about a year ago. I still do it this way, but instead of following a devotional book, I have decided to pick specific chapters of the Bible to read based on my old church's reading plan (Summit Life).

So whether you use a devotional book like how I used Jesus Calling within the video, a devotional off of Bible.com which I also use sometimes, or you follow this reading plan, I hope this video and points below can offer some insight as to how I journal through God's Word!

## **Other than watching the video, here are the main points I try to do each morning:**

- Pray that God will open you up to what his Word has to say.
- Read the text and ask:
  - What does the text say?
  - What does it mean?
  - What's grabbing your heart or attention?
  - What will you keep chewing on or processing for the rest of the day?
- Pray for your day and bring specific requests before the Lord.



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